



New Pathways Wellbeing Circles EXPLORING FOUNDATIONS OF WELLBEING

and how the theme impacts on various aspects of our life and contributes to our overall health and wellbeing.

FULFILMENT

It is not in the pursuit of happiness that we find fulfilment, it is in the happiness of pursuit.

Denis Waitley

You will never grow to your fullest potential unless you plant seeds of joy, love, fulfilment, hope and success. Nature can only return to you what you plant.

Anonymous

Your soul is the power and core of who you are. Feed it well.

Anonymous

A life directed chiefly toward the fulfilment of personal desires will sooner or later always lead to bitter disappointment.

Albert Einstein

Flourishing: maintaining a deep sense of wellbeing, meaning and purpose even in the face of challenge, uncertainty and adversity. When people build their inner resourcefulness and have enhanced capacity and resilience they are able to consistently and reliably bring the best of themselves to deliver for the organisation whilst living a fulfilling and meaningful life.

'Wellbeing: the state of being comfortable, health or happy'. Our health and wellbeing are essential but not sufficient for a highly challenging and demanding business environment.

'Flourishing: developing rapidly and successfully: thriving'. Flourishing is beyond wellbeing and is essential for sustainable high performance, life fulfilment and business prosperity.

Karen Lee Downes

If you look to others for fulfilment, you will never be truly fulfilled.

Lao Tzu

Our wellbeing is directly connected to our fulfilment – the quality of our relationships, our sense of significance from making an impact, and the challenge of growth.

Dr. Britt Andreatta

Don't confuse fun with fulfilment, or pleasure with happiness.

Michael Josephson

The more intensely we feel about an idea or a goal, the more assuredly the idea, buried deep in our subconscious, will direct us along the path to its fulfilment.

Earl Nightingale

It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack.

Germany Kent

Occasionally in life there are those moments of unutterable fulfilment which cannot be completely explained by those symbols called words. Their meanings can only be articulated by the inaudible language of the heart.

Martin Luther King Jr

Be Like the tree.

A tree stands tall and proud.

It's branches reach for the heights of success and feels the warmth of the sun.

It's leaves sway and meet the demands of the wind.

It bears fruit to share.

It changes and adapts to the seasons.

It's roots travel deep and firm to provide a secure foundation.

Can we be like the tree?

Reach for heights,

Feel the warmth around us,

Sway to manage the demands of life choices,

Share our unique gifts,

Adapt and move through the changing phases of life,

Be firm in our pathway and true to our inner self.

Annette Subhani

Erase from your vocabulary the word "someday." Do not save things for "special occasions." Take into account the fact that every day is special. Every day is a gift that we must appreciate and be thankful for. Wear your attractive clothes, wear your nice perfume, use your fine silverware and dishes, and drink from your expensive crystal glasses ... just because. Live every day to the fullest and savor every minute of it.

Rodolfo Costa

Love and work are to people what water and sunshine are to plants.

Jonathan Haidt

The honey doesn't taste so good once it is being eaten; the goal doesn't mean so much once it is reached; the reward is no so rewarding once it has been given. If we add up all the rewards in our lives, we won't have very much. But if we add up the spaces 'between' the rewards, we'll come up with quite a bit. And if we add up the rewards and the spaces, then we'll have everything - every minute of the time that we spent.

Benjamin Hoff

To be what we are, and to become what we are capable of becoming, is the only end of life.

Robert Louis Stevenson

It is the night

My body's weak

I'm on the run

No time to sleep

I've got to ride

Ride like the wind

To be free again

Christopher Cross

Not only is there often a right and wrong, but what goes around does come around, Karma exists, chickens do come home to roost, and as my mother, Phyllis, liked to say, "There is always a day of reckoning."

The good among the great understand that every choice we make adds to the strength or weakness of our spirits—ourselves, or to use an old fashioned word for the same idea, our souls. That is every human's life work: to construct an identity bit by bit, to walk a path step by step, to live a life that is worthy of something higher, lighter, more fulfilling, and maybe even everlasting.

Donald Van de Mark

Never surrender your hopes and dreams to the fateful limitations others have placed on their own lives. The vision of your true destiny does not reside within the blinkered outlook of the naysayers and the doom prophets. Judge not by their words, but accept advice based on the evidence of actual results. Do not be surprised should you find a complete absence of anything mystical or miraculous in the manifested reality of those who are so eager to advise you. Friends and family who suffer the lack of abundance, joy, love, fulfillment and prosperity in their own lives really have no business imposing their self-limiting beliefs on your reality experience.

Anthon St. Maarten

JOMO: The Joy of Missing Out

Oh the joy of missing out.
When the world begins to shout
And rush towards that shining thing;
The latest bit of mental bling—
Trying to have it, see it, do it,
You simply know you won't go through it;
The anxious clamoring and need
This restless hungry thing to feed.
Instead, you feel the loveliness;
The pleasure of your emptiness.
You spurn the treasure on the shelf
In favor of your peaceful self;
Without regret, without a doubt.
Oh the joy of missing out.

JOMO (the joy of missing out) is the emotionally intelligent antidote to FOMO (the fear of missing out) and is essentially about being present and being content with where you are at in life. You do not need to compare your life to others but instead, practice tuning out the background noise of the "shoulds" and "wants" and learn to let go of worrying whether you are doing something wrong.

JOMO allows us to live life in the slow lane, to appreciate human connections, to be intentional with our time, to practice saying "no," to give ourselves "tech-free breaks," and to give us permission to acknowledge where we are and to feel emotions, whether they are positive or negative. Instead of constantly trying to keep up with the Jones', JOMO allows us to be who we are in the present moment, which is the secret to finding happiness. When you free up that competitive and anxious space in your brain, you have so much more time, energy and emotion to conquer your true priorities.

Michael Leunig

By the age of twenty, you know you're not going to be a rock star. By twenty-five, you know you're not going to be a dentist or any kind of professional. And by thirty, darkness starts moving in- you wonder if you're ever going to be fulfilled, let alone wealthy and successful. By thirty-five, you know, basically, what you're going to be doing for the rest of your life, and you become resigned to your fate...

Douglas Coupland

The world gives us PLENTY of opportunities to strengthen our patience. While this truth can definitely be challenging, this is a good thing. Patience is a key that unlocks the door to a more fulfilling life. It is through a cultivation of patience that we become better parents, powerful teachers, great businessmen, good friends, and a live a happier life.

Steve Maraboli

There is no relationship of greater importance than the relationship between you, your physical body and the source within you from which you have come. By tending to this relationship first and foremost, you will have the clarity, courage and energy needed to formulate your own recipes for success in all aspects of your life.

Your relationship with your own body;
your relationship with money;
your relationship with your parents, children, grandchildren, the people you work with, your government, your world.

Then, and only then, you will be aligned with your unique gifts, values and dreams.

Abraham Hicks

When we give freely, we feel full and complete; when we withhold, we feel small, petty, impotent, and lacking. We are meant to learn this great truth, that giving fulfils us, while withholding and trying to get causes us to feel empty and even more needy. This truth runs counter to our programming, which drives us to try to get something from others to fulfil our neediness, only to end up even more needy, grasping, lacking, and unfulfilled.

Gina Lake

Many thanks to Maryanne
from Kew Nursery and Café
for kindly supporting us with the beautiful
plants for you to take home and nurture,
and reach for your own fulfilment!



*Cnr Gladstone St & High Street,
Kew
A great place for flowers,
plants, gifts and beautiful food.*

Feel free to invite family and friends to a future session.
UPCOMING - Wednesday September 11th at 7.30pm - 9.00pm
THEME – Regret

Please remember to book online for details.



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*Thank you for joining us this evening.
We hope you enjoyed the reflections and discussions.
Please join us for light refreshments.*